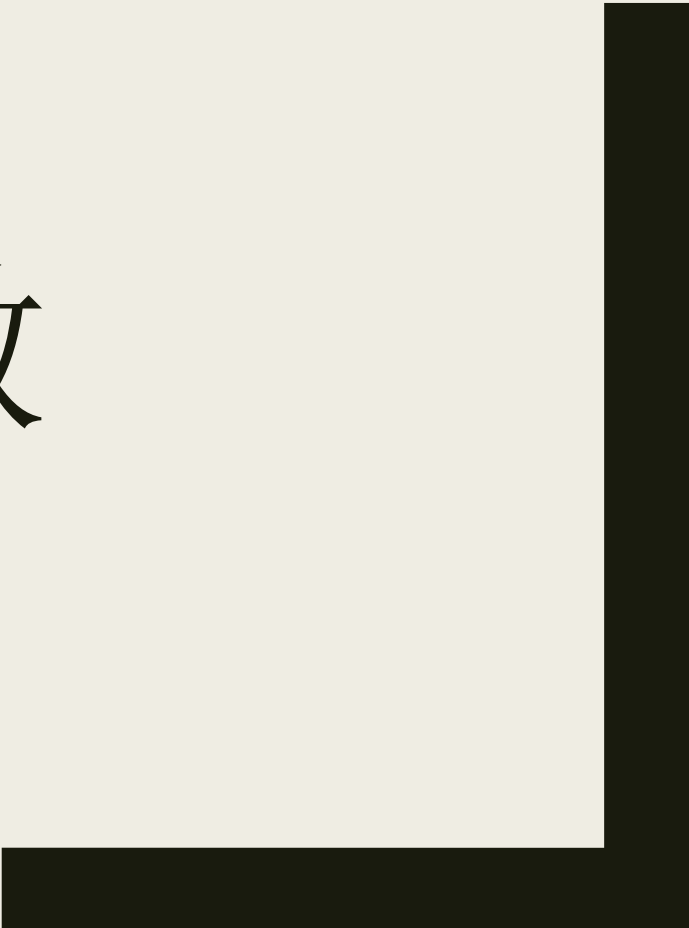




# 刺之要 气至而有效

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# 灵枢 Ling Shu

- 圣人之为道者，上合与天，下合于地，中合于人事，必有明法，以启度数，法式检押，乃后可传焉。
- （法式：制度； 检押：规矩）所谓的“法式检押”，即“对号入座”，“乃从其证”。

# 气至      Arrival of Qi

- 刺之要，气至而有效，效之信，若风之吹云。
- 所谓气至而有效者，泻则益虚，虚者脉大如其故而不坚也。坚如其故者，适虽言故，病未去也。
- 补则益实，实者脉大如其故而益坚也。夫如其故而不坚者，适虽言快病未去也。
- 故补则实，泻则虚，痛虽不随针，病必衰去。
- The importance of needling is to gain Qi feelings to get the result. The result comes as quick as wind blows clouds.
- Talking about the effectiveness with Qi's arrival means that deficiency follows reducing that the pulse becomes softer with the same size; if it is as hard as it was, even patient feels better, but the illness remains.
- To make the pulse more powerful by tonification that pulse feels harder with the same size, if it does not turn harder, even though patient feels better, the illness has not finished.
- It should be more forceful by tonification, weaker by reducing, even though there is still pain, but the illness is going away.

# 针灸的法则

## Principles of Acupuncture

- 用针之类，在于调气

Acupuncture is all about regulating Qi.

- 凡刺之道，气调而止

The way to do acupuncture is to stop needling when Qi is regulated.

- 粗守形，上守神……

“粗守形”者，守刺法也。“上守神”者，守人之气血有余不足，可补泻也。

Low level needling focuses on manipulation while high level needling focuses on Qi and Xue, that is tonification and discharge.

# 诊脉 Pulse Diagnosis

- 凡将用针，必先诊脉，视气之剧易，乃可以治也。
- Feeling the pulse. “Before needling, doctors have to feel the pulse first, then do the treatment according to the Qi’ s condition” .

# 得气 “酸麻胀痛，气至病所”

- 《针灸内篇》清，江上外史：“针灸之道，治有三法，风病则痛，寒病则酸，湿病则肿，如酸麻相兼，风寒两有之疾。凡针入穴，宜渐次从容而进，攻病者，知酸知麻知痛，或似酸似麻似痛之不可忍者即止，此乃病源已在于此。”
- 《经络之研究》日本·长滨善夫，1955年。作者根据其在临床上发现的一位眼科病人，在针刺各经络的原穴时，所表现的感传现象基本上与十二经脉的走行一致，而得出了经络确实存在的结论。

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